

# Sure to Please Baked Eggs & Cheese

**Makes:** 4 servings

## Ingredients

**1 tablespoon** oil  
**6** eggs  
**1/2 cup** non-fat milk  
**1/2 cup** low-fat cheese (grated)  
**1 teaspoon** garlic powder  
**1 1/2 teaspoons** oregano

## Directions

1. Preheat oven to 350 degrees.
2. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes.
3. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
4. Bake 20 minutes or until eggs are firm. Serve immediately.

\* 4 eggs and 4 egg whites may be used instead of 6 eggs to reduce fat and cholesterol (nutrient analysis reflects this modification).

University of Wisconsin, Cooperative Extension Service, Healthy Snacks

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	170	
Total Fat	9 g	14%
Protein	15 g	
Carbohydrates	3 g	1%
Dietary Fiber	0 g	0%
Saturated Fat	2.5 g	13%
Sodium	230 mg	10%